

Harford County Commission for Women COMMUNITY CONVERSATION SERIES



COPING WITH COVID-19: A Woman's Perspective

Tuesday, December 8, 2020 | 6:30 p.m.

*A FREE virtual discussion presented in
cooperation with Kaiser Permanente*

Topics will include:

- The impacts of COVID-19 on home life, mental well-being, and caregivers
- Coping with uncertainty
- Practicing self-care
- Managing your stress response
- Q & A session

**For registration information, visit
[www.harfordcountymd.gov/2021/
Community-Conversation-Series](http://www.harfordcountymd.gov/2021/Community-Conversation-Series)**



Lead. Empower. Inspire.
Harford County
Commission for Women



BARRY GLASSMAN
Harford County Executive

AMBER SHRODES
Director, Community Services

Harford County Commission for Women

Harford County Department of Community Services
www.harfordcountymd.gov/services 410.638.3389